

DOCUMENT RESUME

ED 241 455

SP 022 594

AUTHOR Bennett, John P.; Sterne, Marie L.
TITLE Finding the Time to Teach: Small Group Grids.
PUB DATE 3 Dec 83
NOTE 5p.; Paper presented at the State Convention of the Virginia Association of Health, Physical Education, Recreation, and Dance (Wintergreen, VA, December 3, 1983).
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)
 -- Speeches/Conference Papers (150)
EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS Athletics; Elementary Secondary Education; Learning Activities; Objectives; *Physical Education; Small Group Instruction; Teaching Methods
IDENTIFIERS *Grids; PF Project

ABSTRACT

A small-group teaching method for physical education which uses grids comprising 10-yard squares is outlined. It is stated that grids can be used for both indoor and outdoor activities. The advantages of using grids and specific physical objectives which can be met are listed. A detailed example of an activity in which students use a variety of techniques to move a ball through the grid is offered. (DC)

 * Reproductions supplied by EDRS are the best that can be made *
 * from the original document. *

ED241455

Finding the Time to Teach: Small Group Grids

by

John P. Bennett, Ed.D.
George Mason University
Health and Physical Education Department

and

Marie L. Sterne
Fairfax County Public Schools
Fairfax, Virginia

for

Virginia Association of Health, Physical Education, Recreation and
Dance State Convention
Wintergreen, Virginia
December 3, 1983

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION
CENTER (ERIC)

✓ This document has been reproduced as
received from the person or organization
originating it.
Minor changes have been made to improve
reproduction quality.

* Points of view or opinions stated in this docu-
ment do not necessarily represent official NIE
position or policy.

"PERMISSION TO REPRODUCE THIS
MATERIAL HAS BEEN GRANTED BY

John P. Bennett

TO THE EDUCATIONAL RESOURCES
INFORMATION CENTER (ERIC)."

The Grid System for Skillful, Fit, Joyful Movers!

John P. Bennett, Ed. D
George Mason University
4400 University Drive
Fairfax, VA 22030

Marie L. Sterne
Fairfax County Public
Schools
3705 Crest Drive
Annandale, VA 22003

What is a Grid?

A grid is any area of adjacent squares, either indoor or outdoor, approximately 10 yards by 10 yards. Existing lines on floors or blacktop markings, tennis, volleyball, or basketball courts can be subdivided with chalk or cones. The lined, mowed or painted field boundaries for soccer, hockey, or football can be subdivided into grids as well.

SOCCER FIELD

What are the Advantages of Using Grids?

Grids are an effective way of maximizing time on task whether your objective is fitness development, skill acquisition or skill application. Grids permit the use of variety of teaching styles and strategies. They can be used for part or all of the lesson to accomplish a variety of tasks.

What specific Physical Objectives can be met using the Grids?

Grids can provide an excellent class organizational strategy to:

- individualize instruction
- teach a new skill through the continuum of experimentation, refinement, repetition, further refinement, mastery and application
- practice skills in game-like situations
- informally assess skill acquisition
- regroup quickly by task or ability
- move quickly from skills instruction to small group game application of the skills
- increase aerobic fitness and endurance by allowing all students to be active all of the time
- increase accuracy, agility, speed, eye-hand, eye-foot coordination and reaction time by varying the size of the grid in which the skill must be performed.

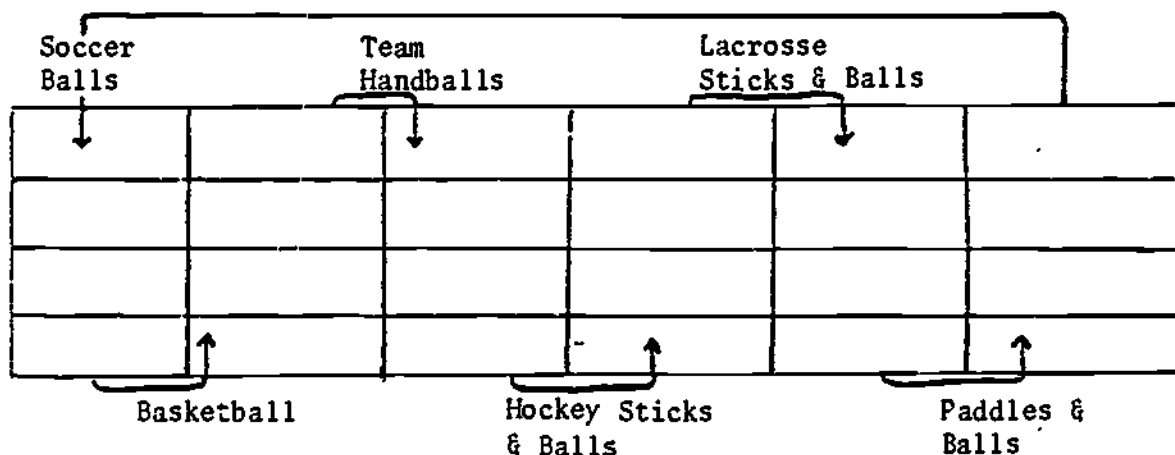
What are some Specific Examples of Grid Experiences?

The possibilities are unlimited for using this strategy as tasks are spontaneously altered or refined in response to skill acquisition and assessment through observation by the teacher. Here is an example.

Teaching Objective: To allow students to explore freely different methods of moving objects successfully.

Carrying, Propelling, Throwing, Catching and Collecting A Ball

1. Travel all through your grid carrying the ball.
 - a. Now practice changing your speed as you approach the sideline or change levels or change directions or patterns of movement (gallop, skip, slide).
 - b. Now try moving through the spaces while you throw and catch your ball, while you dribble your ball (basketball style and then soccer style with feet).
 - c. Now move your ball through the empty spaces with a hockey stick, lacrosse stick, or paddle. Now try it changing tempos, then directions, then levels, etc.
2. Try the above tasks traveling up and down the grids as the diagram shows.



3. Go back and do tasks one and two, but this time work with a partner and practice passing and moving all the time under the specific conditions of tasks one and two.
4. Repeat tasks one and two, but now with three people in a square practicing passing and moving continuously. Some possible phrases to use as teaching points are:
 - Move with the ball quickly, now slowly, now combine
 - Keep it close to your feet
 - Throw the ball into the air and try to catch it close to a boundary line

- As soon as you pass the ball, move and try to use the whole square
- You cannot now pass to the person who just passed it to you
- Throw to an empty corner while another person runs to meet the ball
- Run and see how close to the line you can be when making your catch
- See how quickly you can keep your passes going
- Different kind of pass each time

Once skills are mastered, grids can be used for any number of small group games in which newly acquired skills can be applied.